



Robert E. Bush
Naval Hospital

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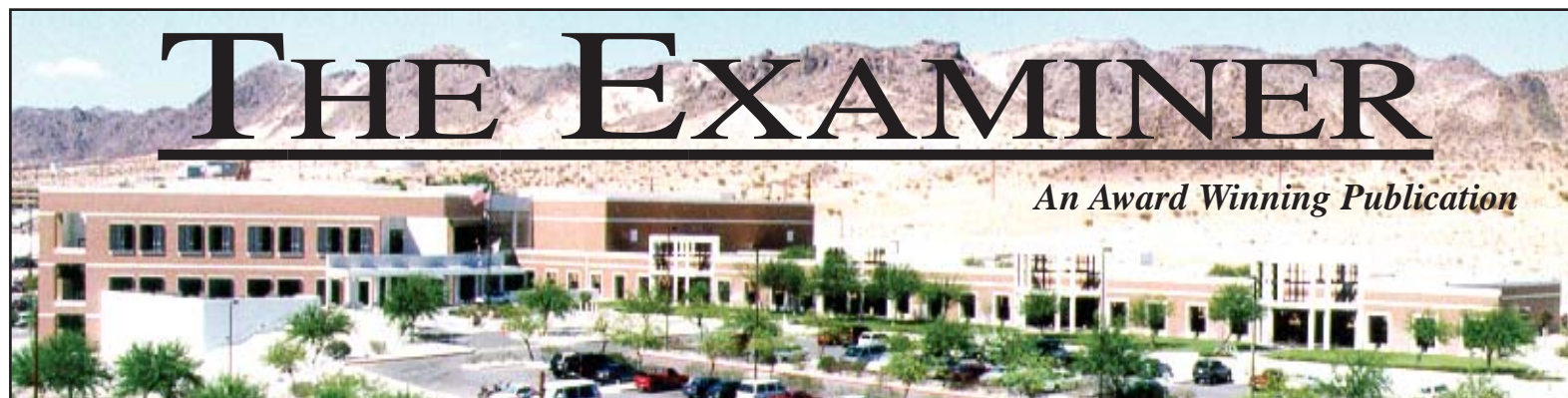
- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

The Joint Commission
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Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Keep Kids Safe by Following Useful Tips

August is Child Safety Month and while child safety is a 24/7, 365-day effort, it can be helpful to review safety guidelines in an endeavor to raise healthy children in a safe environment.

Lt. Manju Hurvitz, NHTP Staff Pediatrician, offers the following tips to parents: "Most of the safety issues out here in the desert, at least around this time of year, are heat related so we remind parents about the importance of hydration and sun protection," Hurvitz said. "Staying cool, staying in the shade and frequent hydration, those types of things are particularly important in the desert environment."

Hurvitz reminds parents to be mindful of basic safety precautions such as wearing bike helmets when bicycling or skateboarding and having an alert adult present for pool and swimming activities. She noted that many parents are camping and exploring the outdoors at this time of year. Parents should be aware of the possibility of black widow spiders, scorpions and

venomous snakes sharing the same environment where children may be playing. Camp fire safety is another area for parental vigilance.

"When kids come in for their visits we do what we call anticipatory guidance," Hurvitz said. "The safety discussion we have will depend on the age of the child. With the adolescent population, it's more about good sleep habits and hydration because they tend to not drink as much water. And if they have their driver's license we discuss car safety, and seat-belt safety," Hurvitz noted.

"With younger school-age children, it's more about bicycle safety, being safe outdoors and sports equipment safety."

Hurvitz reminds parents to never leave their children in the car, even for a few minutes. "The car temperature can quickly double," Hurvitz said. "Leaving a child for even a few minutes could cause severe issues such as heat stroke, dehydration and even death if it's a

long enough duration."

Child safety also includes monitoring and supervising activities inside the home. Hurvitz noted that the American Academy of Pediatrics (AAP) recommends that children have no more than

two hours a day of screen time. "That's difficult for a lot of people to achieve," Hurvitz noted, "because screen time includes Facebook, the computer, computer tablets, smart phones, text. *Please see, Child Safety, on page 2.*



Lt. Cdr. Joseph S. Andrade, accompanied by daughter, Olivia, is piped ashore during his retirement ceremony 14 July. Andrade, originally from Fargo, N.D., was in charge of the NHTP Anaesthesiology Department. He served at NHTP from 1999 to 2001 and from 2010 to July 2014. Andre plans to continue to practice medicine in Southern California. His wife, Michelle, and children, Branden, Isabella, Carl and Ava were also in attendance.

Patients seen in June -- 11,101

Appointment No Shows in June -- 1,217

In June we had an 9.9 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: *Naval Hospital Twentynine Palms.*

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

Gaming Addiction Is Self Defeating

Cdr. Andrew Doan, MD, PhD, traveled from Naval Medical Center San Diego July 24 to present two presentations to NHTP staff on the growing problem of gaming addiction. “What do sailors do when they arrive in port,” he asked. He said sailors used to explore foreign cities, learn about different cultures and make friends. “Now they lie in their quarters and are either on the computer or playing video games.” He said this has serious consequences for force readiness and the deployment of well-rounded sailors. Doan has first-hand experience with gaming addiction. He estimates he spent 20,000 hours over nine years invested in his obsession and nearly wrecked his marriage and career. A neuroscientist, ophthalmologist, and medical doctor, he took the credo, “physician heal thyself” to heart and not only came to grips with his illness, but began studying the changes in brain chemistry and is now treating those at risk. He authored the book (with Brooke Strickland), *Hooked on Games: The Lure and Cost of Video Game and Internet Addiction*. Doan said internet gaming is particularly seductive because lonely people are interacting and depending on each other. “It was the online gaming that got me,” he said. He described a culture where players are dependent on one another. “If you go to the bathroom you get killed,” Doan said. He talked about



Cdr. Andrew Doan makes a point during his Internet Gaming Addiction seminar on July 24.

the phenomenon of people wearing diapers and urinating into soda pop bottles to avoid taking a break from the computer. Doan noted that in 2008, China declared internet gaming a disorder and described it as “electronic heroin.” He suggests that parents limit internet gaming to no more than 30 minutes per day and suggests that children younger than 13 shouldn’t be internet gaming at all.

Cdr. Wendy Stone, Department Head for the NHTP Preventive Medicine Directorate, said her group organized the Andrew Doan lecture to educate NHTP staff about this emerging problem. “Cdr. Doan leads the Directorate of Mental Health for Addictions and Resilience Research at Naval Medical Center San Diego,” Stone said. “We wanted to bring him in to collaborate with our mental health staff so they can gain an awareness of some of the resilience research that’s being conducted pertaining to active-duty service members who are gamers,” Stone said.

Adrenaline increases, perspiration increases, the body is responding in the same manner as in someone who is actually accomplishing something, Doan said. “Too much of anything is harmful,” he concluded.



Maj. Gen. David H. Berger (right) congratulates Maj. Gen. Lewis A. Craparotta, Commanding General for the Marine Air Ground Combat Center/Marine Air Ground Task Force Training Command, at the Change of Command Ceremony on the LCpl Torrey L. Gray Field July 10.

Child Safety, continued from page 1

ting, TV, and movies.” The American Academy of Pediatrics also recommends that children younger than two years of age shouldn’t be watching television at all. “I know it’s hard in the summertime because kids aren’t in school; they’re home more, and it’s so hot here that sometimes it’s hard for kids to just play outside. So we recommend doing more indoor activities. We don’t want to be unreasonable so if someone tells me that their child is watching five or six hours of television a day, we ask them to at least try to cut it down. But the true recommendation is no more than two hours a day,” Hurvitz said. Side effects of too much TV, or screen time, include obesity, lack of social stimulation, reduced development and decreased family interaction.

To schedule an appointment with an NHTP pediatrician, please call (760) 830-2752.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month’s edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Healthy diet and moderate exercise is not only a great way to increase energy and look your best; it can also lower our risk for some diseases. One reader wrote:

Dear Tanya,

I'm a Marine wife and I'm a little overweight. Both my parents are overweight and they both have diabetes. I don't want to

face a life of constantly sticking myself to determine my blood sugar and taking medications to treat the disease. I'm much more interested in prevention.

Could you provide some tips on what I can do to avoid a diabetes diagnosis?

Answer:

First, let's look at the risk factors that increase the chances of developing diabetes:

Being overweight or obese

- Having a parent, brother, or sister with diabetes.

- Being African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino heritage.

- Having a prior history of gestational diabetes or birth of at least one baby weighing more than 9 pounds.

- Having high blood pressure measuring 140/90 or higher.

- Having abnormal cholesterol,

HDL "good" cholesterol below 35, or triglyceride level over 250.

- Being physically inactive--exercising fewer than three times a week.

Being overweight is the leading risk factor and can hinder your body's ability to produce and use insulin properly and may lead to high blood pressure.

According to the Center for Disease Control (CDC), losing just 5-7 percent of your body weight through healthy eating and just 30 minutes of physical activity five days a week can delay and possibly prevent diabetes. Learn more about diabetes prevention through the National Diabetes Education Program at <http://ndep.nih.gov>. This site gives you the opportunity to find information based on your specific needs.

As with all health concerns, and when beginning an exercise

program, check with your healthcare provider. Customized dietary plans are available through the Naval Hospital dietician. Regular physicals that include preventive screenings are an excellent way to take a pro-active role in your health and wellness.

Increased consumption of fruits and vegetables are always a good plan and when combined with exercise and an overall healthy lifestyle, you are creating a long-term disease prevention plan.

If you want to know more about Health and Wellness programs or would like to see a particular health topic featured in the Examiner, give me a call or send an email and I would be glad to do the research and report back to you about what I found!

For more information on the programs listed above, call 760 830-2173 or email Tanya.stuckey@med.navy.mil.

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Diabetes is Often Missed

More than 29 million people in the United States have diabetes, up from the previous estimate of 26 million in 2010, according to a report released by the Centers for Disease Control and Prevention. ***One in four people with diabetes doesn't know he or she has it.***

Another 86 million adults--more than one in three U.S. adults--have prediabetes, where their blood sugar levels are higher than normal but not high enough to be classified as type 2 diabetes. Without weight loss and moderate physical activity, 15 percent to 30 percent of people with prediabetes will develop type 2 diabetes within five years.

"These new numbers are alarming and underscore the need for an increased focus on reducing the burden of diabetes in our country," said Ann Albright, Ph.D., R.D., director of CDC's Division of Diabetes Translation. "Diabetes is costly in both human and economic terms. It's urgent that we take swift action to effectively treat and prevent this serious disease."

Key findings from the National Diabetes Statistics Report, 2014 (based on health data from 2012), include:

- 29 million people in the United States (9.3 percent) have diabetes.

- 1.7 million people aged 20 years or older were newly diagnosed with diabetes in 2012.

- Non-Hispanic black, Hispanic, and American Indian/Alaska

Please see, Diabetes, page 7

Prevention Is An Investment in Life-Long Health

August is Preventive Health Month.

So what are you doing to increase your preventive measures when it comes to your physical and mental health? Are you taking care of yourself first? Are you making healthy food choices? What about your physical activity?

You've probably heard you must take care of yourself before you can care for others. It's true! With all of life's demands, how do you make time for yourself?

There are ways to sneak in exercise even for the busiest of people. Take the stairs, park a little farther away from an entrance, get up once an hour and move, make television commercial time workout time. There are apps, home videos, child-friendly fitness classes, workouts that require no equipment--the possibilities are endless. Go ahead, take the first step.

Maybe you're already active. You have a meal plan in place; and you're opting for supple-

ments to augment your diet and fitness routine.

Those who take dietary supplements may have a goal to lose weight, build muscle and improve performance, increase energy or improve general health. As a consumer, you need information you can trust to help make good decisions about eating a healthful diet and using dietary supplements.

If you choose to use supplements, be aware of the risk of serious problems that may stem from dehydration, seizures, disorientation, and migraine headaches that have been associated with dietary supplement use. Safety is of particular concern. Because the Food and Drug Administration does not consider standards of practice, manufacturers may list unproven claims on packaging.

Do your research and be sure your health-care provider knows what supplements you are taking--they may interact with prescription medications or lead to side effects that could mimic other health concerns.

For those with a diagnosis requiring specific medications, menu selections and/or limits on physical activity, it's important you speak to your physician before taking supplements or changing fitness routines.

Proper nutrition and physical activity also provide an increase in your mental well-being. Healthy relationships and self-care are other forms of preventive health. Being whole means taking a holistic approach to health. All aspects must be addressed to achieve desired results.

If you would like more information for increasing physical activity, making healthy food choices and ensuring your personal path is providing optimal results, contact the resources below to obtain information or make an appointment for a personalized plan.

- NHTP Medical Home Team Phone: (760) 830-2752

- NHTP Dietician

Phone: (760) 830-2274

- MCCS Semper Fit Phone: (760) 830-6451

- Tobacco Cessation, Relaxation, Sleep Health Phone: (760) 830-2814

- MCCS Counseling Services Phone: (760) 830-7277

- Human Performance Resource Center <http://humanperformanceresourcecenter.org>

2X3
Smith's Family
Properties

Super Stars...



Cdr. Brennan Autry, NHTP Director for Administration, receives the Military Outstanding Volunteer Service Medal for outstanding public service for numerous volunteer programs from December 2009 to June 2014. As an emergency and civil radio communications operator for the American Relay Radio League, he supported the Lake County Emergency Management Agency through continued participation in the Lake County Radio Amateur Civil Emergency Service and Amateur Radio Emergency Service organization. He continually trained to manage potential emergencies at the Lake County Emergency Operation Center and provided effective communication during the MC200 Madison to Chicago 200 Relay and the emergency communication exercise in 2010. Cdr. Autry's emergency radio service expertise was firmly established with his selection as a Field Examiner for the Emergency Communication Course and as a Federal Communication Commission Volunteer Examiner for amateur radio.

Additionally, Cdr. Autry was the Outdoor Chairperson for MCAGCC's Cub Scout Pack 78, achieving the World Conservation Award through his mentorship and informative hikes throughout the Joshua Tree National Park. His award reads, "Your Volunteer efforts are most noteworthy and deserving of this award. Your untiring, conscientious and loyal dedication to duty was critical to the success of the Reach-Out Morongo Basin Program, and reflected credit upon yourself and was in keeping with the highest traditions of the United States Naval Service."

Cdr. Autry was also awarded the Meritorious Service Medal (Gold Star in lieu of Second Award) for outstanding meritorious achievement as Director for Administration, Naval Hospital Twentynine Palms, from June 2011 to August 2014. Commander Autry provided outstanding leadership in the first full implementation of Radio Frequency Identification inventory in a Navy Medical Treatment Facility (MTF). This technology improved wall-to-wall inventory turnaround time from one month to just four hours. This initiative received a "Best Business Practice" citation from the Medical

Please see Cdr. Autry, on page 7



Hospitalman Apprentice David M. Allen receives a Letter of Appreciation for his "outstanding performance as a first responder. On February 7, 2014, he performed in an exemplary and highly professional manner after a pedestrian was struck by a motor vehicle. As one of the first responders on scene, he immediately recognized the patient's potentially dire state and acted promptly in accordance with first aid procedures. His ability to remain calm and execute actions with confidence ensured the patient prevented further injury to himself. With limited experience in emergency procedures, he was able to obtain an initial assessment, apply cervical spine immobilization and perform a cursory neurological examination. His meticulous controlled interventions kept the patient calm and stable until further assistance arrived. His actions were noteworthy and contributed to the success in stabilizing this potentially critical situation. His exemplary professionalism and outstanding performance of duty reflected credit upon himself and were in keeping with the highest tradition of the United States Naval Service. I commend you for a job 'Well Done' and wish you continued success in your future endeavors."

Signed,

J. C. SOURBEER
Captain, Medical Corps
United States Navy



Hospitalman Caiden T. Carrington receives a Letter of Commendation for outstanding performance of duties while serving as General Duty Corpsman, Adult Medical Care Clinic (AMCC), NHTP, from July 2012 to July 2014. Hospitalman Carrington consistently performed his duties in a superb manner. His professionalism, positive attitude, and dedication to duty significantly contributed to the Adult Medical Care Clinic's ability to provide outstanding services to its patients. Specific accomplishments include [edited to fit space]:
- Performed over 1,100 venipunctures, 900 medical record verifications; treated 1,300 patients and assisted in more than 120 minor surgical procedures. Additionally he was operating independently with MCAGCC Explosive Ordinance Disposal (EOD) for three months which completed 27 range sweeps of unexploded ordnance.

Hospitalman Carrington's performance in a clinical setting demonstrated the maturity and confidence of a seasoned petty officer that has set himself apart from his peers. His steadfast leadership, sustained professionalism, and unwavering dedication to duty are beyond reproach. His commitment to mission accomplishment directly contributed to the Adult Medical Care Clinic and the Naval Hospital's reputation for efficiency and readiness to provide service.



Lt. Leslie F. Crawford receives a Navy and Marine Corps Achievement Medal for professional achievement in the superior performance of her duties while serving as Staff Physician, Emergency Medicine Department, NHTP, from July 2012 to July 2014. Lt. Crawford provided critical medical feedback in development of the Emergency Management Plan and Mass Casualty Drills, enhancing command readiness. A talented educator, she instructed staff in Pediatric Advanced Life Support and Team STEPPS and provided the inaugural medical morbidity and mortality presentation, resulting in ongoing command performance improvement. Lt. Crawford's personal initiative, perseverance and unswerving devotion to duty reflect credit upon herself and were in keeping with the highest traditions of the United States Naval Service.



|| 1-800-TRICARE (874-2273); Option 1
24 hours a day, 7 days a week



Lt. Manju S. Hurvitz receives a Navy and Marine Corps Achievement Medal (Gold Star in lieu of second award) for “professional achievement in the superior performance of her duties while serving as staff pediatrician, NHTP from July 2013 to July 2014. Lt. Hurvitz enhanced the education provided to new parents by creating a new infant discharge teaching handout. Skilled in informatics, she created three electronic pediatric admission order sets and a pediatric medical sign out template, standardizing care among provider services and upholding the highest standards of patient safety. She qualified as a pediatric advanced life support instructor and certified 27 students. Lt. Hurvitz’s personal initiative, perseverance and unswerving devotion to duty reflect credit upon herself and were in keeping with the highest traditions of the United States Naval Service.



LS3 Ian Geiger is frocked to his current rank during a Jun. 27 ceremony. Geiger, originally from Cupertino, Calif., has been at NHTP for just over a year and has been in the Navy for 20 months.



Mrs. Cindy Crockett, Materials Management Department, is selected as Junior Civilian of the Quarter, Second Quarter. Her award reads (edited for space), “As Defense Medical Logistics Standard Support (DMLSS) Functional System Administrator, you have consistently provided outstanding service to the Command. As you continued to train new DMLSS users throughout the command, you provided the daily supply function support for Material Management customers at NHTP and Branch Clinics, and executed more than \$18,100 in credit card orders, you were able to lead the efforts that propelled Naval Hospital Twentynine Palms to the top 10 commands in all of the Military Health System in standardization of medical materiel. You contributed to quality health care by reducing variation, eliminating misuse, avoiding overuse, standardizing practices, and contributing to cost containment. You have been diligent and meticulous in tracking and reviewing every single purchase order that is made at Naval Hospital Twentynine Palms and its branch clinics. Your exemplary professionalism and outstanding performance of duty reflect great credit upon yourself and are in keeping with the highest tradition of the United States Naval Service. I commend you for a job “Well Done” and wish you continued success in your future endeavors. Signed,

J. C. SOURBEER
Captain, Medical Corps
United States Navy



HM1 Joaquin M. Barredo, III, receives a Navy and Marine Corps Commendation Medal for meritorious service while serving as leading petty officer, Directorate for Medical Services, NHTP, from May 2011 to July 2014. His effective management of \$2 million in equipment during the relocation of two behavioral health clinics resulted in increased space utilization and minimal impact to patient care. As drug and alcohol program advisor, he facilitated training for 324 sailors increasing compliance by 55 percent. He led two medical home port teams through national commission for quality assurance with a 96 percent rating. Petty Officer Barredo’s distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect credit upon him and were in keeping with the highest traditions of the United States Naval Service.



HM3 Ryan L. Stehen, receives a Navy and Marine Corps Achievement Medal for “professional achievement in the superior performance of his duties while serving as an advanced laboratory technician, NHTP, from July 2010 to August 2014. Petty Officer Stephen was key in the re-accreditation inspections by two national laboratory accreditation agencies through the management of training records and the meticulous maintenance of quality control and equipment logs. He created a phlebotomy certification program via American Medical Technologists which allowed 25 hospital corpsmen to attain national phlebotomist certification. Petty Officer Stephen’s personal initiative, perseverance and unswerving devotion to duty reflect credit upon himself and were in keeping with the highest traditions of the United States Naval Service.”



Hospitalman Luis M. Riveron receives a Navy and Marine Corps Achievement Medal for “professional achievement in the superior performance of his duties while serving as General Duty Corpsman, Medical Home Gold Team, NHTP, from July 2012 to August 2014. Hospitalman Riveron assisted five providers in the completion of 198 medical procedures for 3,650 patients. His initiative in updating patient demographic data contributed to a 96 percent rating from the National Committee for Quality Assurance Survey. He led an aggressive campaign for Relay Health that increased patient enrollments by 10 percent. Hospitalman Riveron’s personal initiative, perseverance and unswerving devotion to duty reflect credit upon himself and were in keeping with the highest traditions of the United States Naval Service.”

Lt. Dennis R. O’Conner receives a Navy and Marine Corps Achievement Medal (Gold Star in lieu of second award) for “professional achievement in the superior performance of his duties while serving as Staff Physician, Emergency Medicine Department, NHTP, from July 2013 to August 2014. Lt. O’Connor provided expertise and oversight to 11 staff members as the Code Blue committee chair and meticulously revised the cardiopulmonary resuscitation instruction and conducted five command code-blue drills improving resuscitation capabilities. As Emergency Medicine HEDIS Champion, he instructed 35 staff members on HEDIS guidelines to improve compliance with BUMED initiatives. Lt O’Connor’s personal initiative, perseverance and unswerving devotion to duty reflect credit upon himself and were in keeping with the highest traditions of the United States Naval Service.”

Introducing New Staff -- Welcome Aboard!



Larry Grantham

Larry Grantham is NHTP's new Facilities Manager. He arrives from the MCAGCC Public Works Department where he was an Engineering Technician for the past six years. He's worked for the National Park and has a degree in Business Administration. In addition to studying the workings of the hospital, he's a second year law student at Concord University. Grantham says it's a natural progression going from Base Facilities to becoming Facilities Manager for the hospital. "We put together repair, maintenance and construction projects for the entire base," he said. At NHTP, he'll perform a similar function, only on a smaller, albeit, more intensive, scale. Grantham is a long-time Twentynine Palms resident. His father was a Marine and was also Security Manager for NHTP. Grantham enjoys playing guitar, drums and golf.



HM3 Morgan Neumeister

HM3 Morgan Neumeister is NHTP's newest member of the Physical Therapy Department. She arrives from Naval Medical Center Oak Harbor where she spent the previous 2 1/2 years first as a General Duty Corpsman, then as a physical-therapy specialist. She enlisted from Redding Calif., and August marks her third year in the Navy. Neumeister plans to make the Navy her career and intends to earn both her Master's degree and PhD. in Physical Therapy. Neumeister lives with her husband in Twentynine Palms. Hobbies include working out and "a lot of hiking and things like that." Neumeister has two large dogs. She enjoys all kinds of music and is matter of fact in her first impression that it's hot and dry here. But she considers NHTP an excellent duty station and plans to make the most of her new assignment.



Lt. Cdr. Darren C. Cherry

Lt. Cdr. Darren Cherry arrived from Naval Medical Center San Diego where he just completed his three-year residency in Emergency Medicine. Before that he was a flight surgeon with the USMC serving with two different squadrons. In 2006 he deployed to Iraq which he describes as "hot." "It was a good experience," he said. "It's why we do this job. It was a good opportunity to learn. I was still young in my career, a lieutenant, straight out of my internship and flight surgery school." Cherry grew up in Lakewood, Colo. He enjoys golf and triathlons. He's no stranger to the High Desert. Cherry was stationed here from 2006 to 2008 with Marine Wing Support Squadron 374. Cherry is accompanied by his wife, Lisa, and their son, one-year-old, Kyle.



Lt. Cdr. Kasina J. Blevins

Lt. Cdr. Kasina Blevins arrived from Naval Medical Center Portsmouth where she was a Radiology Resident. At NHTP, she'll be Radiology Department Head. Blevins is here with her husband, Jason, who works in the oil and gas industry, and two children, ages three and five-years-old. Originally from Peach Tree City, Ga., Blevins appreciates the High Desert for its outdoor opportunities, but the hot weather and small children have put exploring Joshua Tree National Park and environs on temporary hold. Hobbies include taking the kids to the pool, teaching them to ride bikes, Legos, reading and generally nurturing the children. The Blevins are living off-base in Twentynine Palms.



Lt. Lance A. Lopez

Lt. Lance Lopez is NHTP's newest staff psychiatrist. He arrived from Naval Medical Center Portsmouth where he performed his residency. Originally from Irving, Texas, Lopez earned his medical degree from the University of Texas, Medical Branch, and earned his undergraduate degree from Texas A&M University. "I figured for a young psychiatrist there wouldn't be a better place to be than at the largest Marine Corps Base right after the war has ended," Lopez said. He's worked with PTSD and TBI patients during his residency and said he's never seen a patient who wasn't substantially helped by psychiatric services. Lopez is a self-described film buff and says most of his hobbies are "atrophied" from his residency. Lopez's wife, Nina, is a psychologist. He enjoys music ranging from Big Band to Bob Dylan.



HN Jamaal Feagins (left) reenlists for three more years July 2. Feagins, originally from Chicago, works on the General Surgery/Orthopedic Ward. He expects to remain at NHTP for another year before receiving PCS orders. Also pictured: Reenlisting officer, Lt. Cdr. Amanda Feigel.



HMI Lila Gardner (center) reenlists for three more years on July 25. Gardner is the Leading Petty Officer for NHTP's Physical Therapy Department. Her husband, Staff Sgt. Dorian Gardner (right), MCAGCC Public Affairs, holds his Certificate of Appreciation from NHTP Commanding Officer, Capt. Jay Sourbeier (left). The Gardners will PCS to Portsmouth, Va., in December.



Lt. Samina Wilson (right) is promoted to her current rank on June 17. Multi-Service Ward personnel celebrated with breakfast treats and cake to mark the occasion. Wilson, originally from Natchez, Miss., has been in the Navy 14 years. Husband, Brian (left), also helped mark the day.

Diabetes, from page 3

Native adults are about twice as likely to have diagnosed diabetes as non-Hispanic white adults.

- 208,000 people younger than 20 years have been diagnosed with diabetes (type 1 or type 2).
- 86 million adults aged 20 years and older have prediabetes.
- The percentage of U.S. adults with prediabetes is similar for non-Hispanic whites (35 percent), non-Hispanic blacks (39 percent), and Hispanics (38 percent).

Diabetes is a serious disease that can be managed through physical activity, diet, and appropriate use of insulin and oral medications to lower blood sugar levels. Another important part of diabetes management is reducing other cardiovascular disease risk factors, such as high-blood pressure, high cholesterol and tobacco use.

People with diabetes are at increased risk of serious health complications including vision loss, heart disease, stroke, kidney failure, amputation of toes, feet or legs, and premature death.

In 2012, diabetes and its related complications accounted for \$245 billion in total medical costs and lost work and wages. This figure is up from \$174 billion in 2007.

For more information about diabetes and CDC's diabetes prevention efforts, including evidence-based and cost-effective interventions, such as CDC's National Diabetes Prevention Program, visit www.cdc.gov/diabetes.

(Reprinted from CDC website)

Cdr. Autry, from Page 4

Inspector General. Under his direction, the Emergency Management Program was restructured to be the model program for Navy Medicine by implementing a comprehensive readiness posture to ensure the Chemical, Biological, Radiological, Nuclear, Explosive Decontamination Team was identified, equipped, and trained. This proactive approach resulted in the Command receiving an accelerated training schedule to certify the facility as a fully capa-

ble Tier 2 Contaminated Casualty Receiving MTF one year earlier than planned.

A champion of environmental awareness, he led command-wide "green" initiatives to reduce water consumption by 30 percent through the installation of automatic faucets and toilets and improved energy conservation by 40 percent through the use of light-emitting diode bulbs,ta realizing an annual electricity cost avoidance of \$90,000. The excep-

tional professional ability, steadfast initiative and selfless dedication to duty exhibited by Cdr. Autry reflected great credit upon him and were in keeping with the highest traditions of the United States Naval Service.

Cdr. Autry PCSed to Naval Branch Clinic, Naval Construction Battalion Center, Gulfport, Miss., at the end of July, where is Officer in Charge.

MBTA
2X8



(L-R) Chaplain Ronald Cooley, Donna Chilman, NHTP Executive Officer, Capt. Angela Nimmo, NHTP Commanding Officer, Capt. Jay Sourbeer, Pastor Norval Chilman, pose on the NHTP Quarterdeck July 2 with a new batch of layettes. The Chilmans, from the Peace Lutheran Church, Palm Desert, have been delivering layettes for new mothers and their families since 2009 and have delivered approximately 300 of these new-mother gifts, each containing a hand-crocheted blanket and outfit as well as diapers.



Top left: HM3 Julian Ortiz takes advantage of the hamburger, hotdog and nacho fixings at the command sponsored picnic celebrating 270 days without an alcohol-related incident July 18. Top: NHTP Sailors enjoy an afternoon break from the routine. Bottom: HMCM Carol Merricks shows off her birthday card signed by NHTP personnel. The Command Picnic was also an opportunity to celebrate our Command Master Chief.



Left: HN Adam Reshkovsky (seated) demonstrates the Chest Drainage System during the Skills Fair July 2.

5X3
VIP
COLOR